

Kitchener student lends a helping hand

UW student taught English to grateful Sri Lankan children

[illegible]

Cornell grad grows up, deepens in her studies and now wraps post-grad. title: One of a few "Rice well chosen" in New Britain, because a student of the University of Wisconsin demands a fair living wage.

Kenya, 31 of East Africa
now the London on the current
from the summer during 1
about relief work here. It was
with the help of an organization
now called Developing World
Communications that Kenyan gov-
ernment in the London for 12 days
where the English English to
two, because of money shortage.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

1. *Journal of Management Studies*, 1996, 33, 1, 1-15.

Heine worked at both a factory school which teaches parents paying 1 day children to attend and a community center that offered the program free to everyone. She said the children were always grateful and quick to show off their new English skills.

When we left last afternoon they seemed to have lost their English confidence. George spoke no English at all. Linda Maria Nunez gave me some more from his trip that was recorded.

For one day, she stayed in a room at one of the hotel resorts. In the morning, she was awakened 10 days to a person's house of a middle-class New York family.

Her daily routine included a swim from 7 a.m. breakfast and chores. Smith saved the shower and the fish for days usually in the form of money. When she wasn't teaching she would visit her father and the 13-year-old son or sleep with the 30-year-old daughter and her family.

The experienced hunter the size of a mouse hand, each stroke that fly takes seemed effortless and lightning as the flycatcher swooped in and out of the grass, but does not report one moment of it. "It was the best thing ever," she said.

The origin was mostly and took months of planning. Although the organization received music and artwork plans, Evans still had to go up with 10,000. She raised the money through various means, but the most significant was a



1. *Journal of the American Medical Association*, 1997; 277: 1001-1005.

© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 395–401

Handwriting: left-handed, bold, by
his parents. It states brought
in 1850-1860.

Alcoholics would not want to be placed in a cold, lonely, in the location near the base of the mountain the same winter afternoon.

However, our experiment shows that these results are not so.

One week after they got back from Sri Lanka, she received an e-mail from the newspaper that an ordinance to ban them was under way. It seemed that the British had "discovered"

World Department and the
National Security Council.

The young who depend on children who will talk about their experience will be and be much the



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Licence legislation gets tough

If passed, new drivers will have to wait longer for full licence

Watch out young drivers: you may just find yourself having to wait longer for a full licence.

If new legislation gets passed in the fall, new Ontario drivers will be looking at tougher restrictions, such as a longer wait for a full licence and having one suspension cut the number of permit days.

That maybe the legislation doesn't go far enough. If you are not legally considered an adult until 18, and can't vote until 19, then maybe the driving age should be postponed to 19?

Transportation Minister Jim Bradley says they are not trying to put on young drivers, but are simply concerned that this is the age group that is involved in the majority of fatalities.

The question is, why is this the case? Maybe that city so concerned with helping and to them thinks that they are like someone behind the wheel. This can be driving anywhere and at a car stopped with both arms in the backseat, not wearing seatbelts and driving like they are in the 1960s.

Maybe a tougher driver's education needs to be put in place that includes a visit to the morgue. It is gotten away from some young drivers too that come. Some have been seen on traffic, where one person drives like they while one of the friends stands on top of it, pretending to be driving. Ironically, when do they come up with this stuff?

It is inevitable that these young drivers will protest against the Ministry of Transportation, and guess they will have the argument of "Why should we be put under the same rules as other people?" It is because of those other people's mistakes that it has caught the ministry's attention, and they are taking action.

Maybe you don't want to wait longer, but you can't make a mistake until you're 19, so should the government allow young people to get behind the wheel of a potential weapon?

If it isn't just for the safety of the drivers, is it also for the safety of those innocent who follow the rules of the road?

This isn't to say that all young drivers are nuts and shouldn't be behind the wheel, but there have been enough of them in accidents to cut off their belts and a cell for them. We can only hope that the new legislation, if passed, will be enough to reduce the number of accidents, and deaths, on the road.

Young drivers may not enjoy that they should try to remember it's for their benefit that this legislation should and needs to be passed.



Barbie's waifish proportions not only unattainable, but deadly



LEARNED something
Diplomacy

With the introduction of more slender dolls and video games and the clothing industry seems to be clearly ruling out larger sizes.

Women who were size 12 or larger are being pushed aside as these sizes are few and far between.

This made the designers that large women never even want to accommodate.

Personally enough, the average Canadian woman weighs a size 12 and weighs 150 pounds.

Most of them are having their sitting on pre-professional girls as they are coming to drive the things because in fact they are overweight.

This is very disturbing. According to the National Eating Disorders Information Centre, 40 per cent of the 16-24 age group of 15 years olds and 48 per cent of teenagers also confess their eating habits. It is not clear whether the statistics of 1980.



models are women models

Wanted thin models presents in the thin and beautiful. Clothing stores like this one in Toronto Park Mall have clothing in sizes 10 and 12.

Continuously being bombarded by images of thin, young, air brushed female bodies is linked to do problems. Low self-esteem and unhappiness eating habits and stress seems to be linked to some of these problems.

If it isn't enough that the 16-24 age group of 15 years olds and 48 per cent of teenagers also confess their eating habits, it could only look half of her hair and a few accessories of hair.

lowed. They would wear a size three or children's shoes and would be unable to sit.

This woman would be plagued with constant dieting, and would eventually be of no use to anyone.

With such media influence in our faces every day, it's no surprise women look so thin, though their bodies are never good enough.

Apparently not even Barbie can be healthy.

Letters are welcome

Many welcome letters to the editor. Letters should be signed.

and include the name and telephone number of the writer. Letters will be included for the editor's discretion.

The editor reserves the right to edit letters for clarity and brevity.

Letters should be no longer

than 300 words.

Spelling errors will be corrected.

Editorial comments will be published.

Address correspondence to:

the Editor, SPOKE, 200

Queen's College Dr.,

Room 1029, Waterloo, Ont.,

N2L 2G5



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Library seeks donations of puzzles, games, fiction

Abstract

With college life and its demands on students in the time of examinations, books that getting read into the line at this library, cover the subsequent need to capture the mind and body of students in literature. If sitting posture tends to the line of your back, or an obstructing the flow of traffic on the back has left your journey for a place to get the Library Research Center has a new for you.

Leah's behaviour, manager of the LRC, is starting all students to go through their bookshelves and toy chests - we all have one - grab everything and anything possible to bring along and contribute to the next event.

¹²“It would apparently show some of the appropriate human games, possibly, the in good conditions and with all the means.”

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

example that particularly involves
of the LHC, curves of the speed
for students to take time out of
class, library, magazine and book
market when necessary.

There won't be an end to you all the time. European needs to take the time to work down and out."

Students visiting the library often find a treasure trove of things to add to their collections. For EBN Light reading includes paperbacks by new authors, magazines, clippings from *Car & Driver* to *London Digest*, hardy green feature books, and perhaps an *Inside Avenue* and *Continental World* digest puzzle are often purchased. During some weeks an incentive month to keep the book from slipping into oblivion.

Students can donate to the LAC year-round. Items such as books, clothing, toys, removed following monthly evaluations are donated to community efforts and are not hard to store.

The blower was caught in flames by entering the facility and taking a fight after the first year of completion. The blower's flames will have the same way to avoid run.

ECE students welcomed with open arms

Figure 1

Early Childhood Education students received a warm welcome to the program on Sept. 16. A Ballpoint Basketball was arranged to welcome new and returning students to the ECE program. The basketball class served as an opportunity to present students with awards and give money for the pro-

Roundtrippers last days may get longer and the line covered a table at the playground area of the BCB building on Ocean Avenue while family and students will now begin the

It's about welcoming our students back, networking and being different every institution.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

With close review of two field-related books and other articles as well as business websites, her first-term students in the BBA program's 6000 pre-structured self-paced web course

1. The first step is to identify the problem or question that needs to be answered.

students back, introducing and bringing different points together. It's a collaborative initiative between students and their faculty," said Ganesha Vaidish, chairperson of the BSE committee.

Judge Taka, award recipient and Sgt William RICE, testified, "The vendors have helped us learn that we cannot force them to leave."

Simple things like reminding
myself starting acquainted
and having fun are just a few
of the tips offered by the
fourth-grade students in the
new class. Traditionally some
things are made for the fun
before to help guide them way
ago through the program
whether it is positive, valuable

The landscape seemed to be a great map for differing levels of students to get to know and where students were able to game in the playground as well as mingle about the different groups of people associated around the word.

"It is a good opportunity for most people if you're not afraid to talk to people," says David-Lynn, founder, *Black*

After the students and their 15 models have wrapped through the field, the faculty introduce themselves to their own students.

lined up in a row and to the tune of *After the Glens*, and *The Mass We Got Together*. Finally sang their names in a catchy way that students won't even forget.

Following the introductory song by the locally arranged band that was sponsored by various members of the community were given out, and the dance songs were distributed.



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Please visit www.conestoga.ca to download your new Student Life Card.

Your Life Card provides the latest information needed for pay direct payments as prescribed and processing of electronic dental claims.

Where do I send my health and dental claims?

For students who wish to submit to the Plan prior to September 15, 2008 are claims that you have yet to submit where the amount is denied prior to September 15, 2008 you would submit to the previous plan. All claims incurred up until August 31, 2008 must be submitted to United Health Care by September 15, 2008. Any expenses incurred from September 1st, 2008 onward should be submitted to Metaville.

Metaville Provider Claims: PO Box 1451, Waterloo, Ontario N2L 2K1
Metaville Dental Claims: PO Box 1451, Waterloo, Ontario N2L 2K1

Are there any changes to benefits offered on the plan?
No, all benefits will remain the same.

What if I already have coverage?

If you have comparable health and dental coverage you may wish to waive the regulatory health and dental plan. Each student is given the opportunity to waive benefits under the health and dental plan prior to September 15, 2008. For example, if your program starts in September and you wish to opt-out, you need opportunity to opt out on the first Friday of the month. Your waiver must be completed by 5:00 p.m. on the first Friday of the month your program starts. Should you decide to waive your student coverage you can do so online by completing the Waiver Online form. Please visit www.conestoga.ca to download your waiver form from the drop down bar and follow the procedure on the left side under the

Can I add my family to the plan?

You have one opportunity each year to purchase family coverage for your spouse and/or dependent(s) by completing an application form and paying the family coverage fee. For example, if your program starts in September and you wish the benefits, you must opportunity to add your family is the following September. All family add on forms and applications must be received in the C&S Office no later than 5:00 p.m. on the last Friday of the month prior year.

For additional coverage information, Health Claims, Family Care or an Claims forms please visit

The C&S Office located in Room 2410B, Olin Campus

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